

GENERAL NEWS

Juvenile loses ear in ATV accident

By Charles Mattox
News Editor
charles@thecarlislemercury.com

A young Nicholas County woman and two juveniles were injured as a result of an ATV accident in the early morning hours of July 6 near Oxbow.

Investigators say they believe alcohol was a factor in the accident.

According to Nicholas County Deputy Sheriff Bennie Buckler, who con-

tinues to investigate the accident, Sammy Jo Buswell, 21, was driving a 2001 Honda Rubicon four-wheeler, at approximately 5 a.m. at dawn on July 6 on Burrus Road near Oxbow. Her passengers were a 16-year-old male juvenile and a 16-year-old male juvenile.

"The fog was pretty thick and when they dropped over a hill they missed a curve, ran onto the em-

bankment and flipped the vehicle," Buckler said. "Alcohol was a factor and I believe these had been drinking."

Buswell and the male juvenile were normally helped by Nicholas County EMS by ambulance to the University of Kentucky Medical Center, according to Buckler, who said Buswell sustained deep lacerations to her hand and the male juvenile lost an ear in the accident and also received

several lacerations to his face. The female juvenile was treated at the Nicholas County Hospital.

Buckler said the injuries would normally have prompted a helicopter evacuation but conditions were so difficult that he called 911 for help. Buckler said David Dunn owned the ATV, but it had

been taken from the Dunn house without his permission. According to Buckler, the accident occurred approximately one mile from the Dunn residence.

LETTERS TO THE EDITOR

A battle has been brewing across the nation over who will build the next generation of refueling tankers to support our armed services around the world and at home. The contenders are Boeing Northrop Grumman and Lockheed Martin to the European Aeronautics Defense and Space Company (EADS)—and the battle is over the Air Force's decision to award EADS/Boeing/Grumman with a \$35 billion contract to replace its aging fleet of refueling tankers.

The Government Accountability Office's recently found that the Air Force did indeed unfairly bid and mislead Boeing during the contract process and recommended that the Air Force reopen discussions with the offerors, obtain revised proposals, re-evaluate revised proposals, and make a new source selection decision.

The Boeing tanker would be built in America, supporting 44,000 new jobs, while the EADS/Boeing/Grumman tanker would be built in Europe and "finished" in the United States.

As Americans come out of a time of celebration of our nation's independence and honoring the men and women who have served to protect our freedom through the years, perhaps we should wage our own battle—a battle to influence our decision makers in Washington, D.C. to speak out in favor of Boeing. The men and women serving our country deserve an American product made by American workers.

**Ken Koch President
Machinists Local 681**
International Union of Machinists and Aerospace Workers
Louisville 40203

Editor:
A minority of U.S. Senators recently blocked a bill that would help the Medicare system—the Medicare Improvements for Patients and Providers Act of 2008. What a shame. This bill would have helped thousands of Kentuckians, and we need to tell senators to pass it this week.

While we are disappointed that Senators Mitch McConnell and Jim Bunning failed to support the bill, we hope they will have a change of heart after talking to constituents during the 4th of July holiday recess.

If allowed to stand, the earlier defeat will take an unfair toll on the 44 million Americans, including 716,000 Kentuckians who depend upon Medicare everyday. Fortunately, the Senate has another chance to make things right.

AARP supports passage of the Medicare Improvements for Patients and Providers Act of 2008 (H.R. 6331), offering to require more help to get it passed. It's worth the effort. This legislation would:

- help keep Medicare premiums fair
- improve protections for lower income beneficiaries
- help maintain access to efficient preventive services
- improve Medicare coverage of preventive services
- make Medicare more physicians through electronic prescribing

AARP members want Congress to keep Medicare fair. This bill offers our best hope for improving the system and we need the help of both our Kentucky senators to get it passed.

Most Kentuckians know someone close to home that needs Medicare's services and you can make a difference by contacting our elected senators and letting them know how you feel about the need to pass H.R. 6331. Call toll-free: 1-800-869-3130 to ask Senators McConnell and Bunning for their help to make Medicare Fair.

**Scott Wegmann
AARP Kentucky
Louisville**

Blackberry Festival pictures will be featured in the July 16th edition of The Carlisle Mercury.

BUTLER RECYCLING AND CORE

Copper - Aluminum - Brass - Catalytic Converters
Batteries - Transmissions - Stainless Steel

We pay the highest prices for your scrap!
Trucks available for pickups
call 606-759-8863



for question or pricing contact:
Jimmy Butler or Brad Miller
Hours: Mon-Fri 9:00 a.m. - 4:30 p.m.
Sat 8:00 a.m. - 12:30 p.m.
Closed - Major Holidays

ph 606-759-8863
5148 US HWY 62, Maysville, KY
butlerrecycling@mayvilleky.net

LIFESTYLE

A Pinch of This and a Dash of That

By Jill Hatton
EPNEP Program Extension Office
Nicholas County Extension Office

Green beans have arrived at our local farmer's market. We have had green beans in a row. Lots of us love green beans and I never really know there were so many different varieties until I started selling green beans at the farmer's market...there are lots of different varieties of green beans.

We have picked green beans for the past two weeks and there are still many to pick. Last year I wrote about how there were 6 generations of Hatton's picking green beans and I reflected to myself this past week in a row.

Let's face it, we are fortunate to have that again this year. Mamaw, Dad, my two nieces, and I are picking beans and that's four generations. There is a lot of history there and picking beans is a lot of work.

I know I was as thrilled as my nieces are about picking beans when I was their age... This week we will focus on Kentucky Green Beans and I'll share a recipe with you. Have a great week and try a new recipe. Hope to see you at the farmer's market.

Kentucky Green Beans Season - June through September

Nutrition Facts: One half cup of unseasoned green beans has 16 calories; is low in sodium; and provides fiber, vitamin A, and potassium.

Selection: Choose slender, firm, smooth, crisp beans with slightly velvety pods and a bright color. Beans should be free of blemishes and have small seeds.

Storage: Beans can be stored unwashed in plastic bags in the refrigerator crisper for 3 to 5 days. Wash just before preparation.

Preparation: Wash well and remove stems and strings. Cook by steaming in a small amount of water, until tender-crisp, about 5 to 8 minutes. They can be cooked directly in soups or stews. They also go well with seasonings such as chives, dill, marjoram, mint, cress, thyme, lemon, mustard, or onion.

Freezing: Allow 2 1/2 to 1 pound of fresh green beans for 1 pint frozen. Wash thoroughly. Remove and discard ends and strings. Cut or break beans into 1- or 2-inch pieces. Place beans in boiling water for 3 minutes. Plunge the heated beans into

cold water. When cooled, remove beans and drain well. Pack beans into freezer bags or containers. Leave 1/2 inch headspace. Seal and place in freezer. Use within 12 months.

Yield: 4-1/2 cup servings, "in season"

Nutritional Analysis: 50 g carbohydrates, 5 g fiber, 1 g fat, 0 mg cholesterol, 0 mg sodium.

Recipe adapted from Boone County Farmers' Market Recipe Collection 2002.

Wash, trim, and break beans. Slice carrot and cel-

ery in long, diagonal slices. Cook together in a small amount of water until beans are tender. Drain liquid and serve using a small pat of margarine and a sprinkling of lemon pepper for seasoning.

Drug and Alcohol Abuse Ranks High as One of America's Top Health Problems

If there was a disease suffered by one out of every ten Americans over twelve years of age, wouldn't you agree that it would be drug and alcohol abuse?

This fact is also based on SAMHSA's 2006 survey. Only one out of every ten Americans had a problem with drug or alcohol abuse or drug or alcohol dependence. This compares to the Centers for Disease Control's estimate of 11 million Americans who are HIV positive and its twice as many people as suffered from all types of cancer combined.

SAMHSA classifies a person as suffering from a substance dependence when that person has health or physical problems associated with substance use, unsuccessful attempts to cut down on usage, they have developed a tolerance (needing more drugs must be taken to get the same effect), they experience withdrawal symptoms if they try to cut down or stop, or they have experienced one or more of negative changes in their lives as a result of using the substance such as damage to job, school or family.

These are the people who need drug or alcohol rehabilitation treatment to be able to resume a productive, enjoyable life. Unfortunately, the vast majority of these people did not receive treatment because they didn't feel they needed it.

Recovery for a Lifetime. Not only does this new booklet reveal important facts about addiction and addiction treatment, it also introduces families to the way to approach an intervention with a loved one.

"This booklet is a great starting point for a family with a loved one trapped in addiction," added Mr. Thorpe. "We would be glad to send this out at no cost to any family in need."

To receive your free copy of Guide to Addiction Recovery for a Lifetime, call Narconon Arrowhead at 1-800-469-0933 or visit their website at www.stopaddiction.com. The Narconon drug and alcohol rehabilitation program was founded in 1986 by William Benitez in Arizona State Prison, and is based on the humanitarian programs of L. Ron Hubbard.

In more than 130 centers around the world, Narconon programs replace the loss and pain of alcohol or drug addiction with productive, enjoyable lives.

NOTICE

MATHERS FUND APPLICATION WILL BE TAKEN ON JULY 21 AND JULY 22 2008 AT THE NICHOLAS COUNTY COURTHOUSE. PROOF OF INCOME WILL BE NEEDED, ALONG WITH SSI/SOCIAL SECURITY PAYMENTS, FOOD STAMPS, OR AFDC. APPLICATIONS WILL BE TAKEN FROM 9:00 A.M. TO 4:00 P.M.

EAST ED FOOD MART

NEW ITEM! We Now Have: NEW ITEM!

20 oz. Pepsi and Coke \$2.59 One Size Only

WAVE Cigarettes Carton \$18.88

24 PACK Pepsi Coke \$5.99

Bhuggans Country Ham \$6.99

CRUSH 2 for \$6

BREAKFAST SPECIAL \$4.19

Stromboli's \$3.50

Daily Lunch Special \$5.29

Complete Line of Soft Drinks & Beers

305 MOOREFIELD RD 289-2200

Educators to visit students this summer

Doug Buchanan, on behalf of the Nicholas County School District, released the following statement:

"This is the second year of all teachers (K-12th grade) in the district visiting their students in the weeks prior to the start of the school year.

This year, teachers will be asking to visit students during the period of Monday, July 14 through Wednesday, August 6. School begins for students

on August 12. Teachers will be contacting parents during this time to ask for a convenient time to visit their child.

Parents should expect to receive a letter from their child's teacher prior to the visit requesting an opportunity to visit.

The teacher(s) of the visit is/are responsible to make connections with the start of the school year and for parents and teachers to get to know one another before the start of the year.

Visits should last no longer than 10 minutes as teachers merely want to introduce themselves to parents and students and present along any needed information concerning the start of the school year.

Nicholas County is one of the few districts in this area (and state) that does this as a program. It was developed two years ago after the district discovered that there is a need to make connections with students (and their parents) outside the walls of the classroom.

Parents should expect to receive a letter from their child's teacher prior to the visit requesting an opportunity to visit.

Nicholas County is one of the few districts in this area (and state) that does this as a program. It was developed two years ago after the district discovered that there is a need to make connections with students (and their parents) outside the walls of the classroom.

NC school supplies lists

Mrs. Vice/Mrs. Ritchie's Kindergarten

- 1 roll of paper towels
- 1 package of 3 white t-shirts (you will need these shirts for field trips)
- 1 plastic shoe box for book bags (you can get these at the Dollar Store)
- 1 pair of shoes to bring in a case of Chlorox disinfecting wipes
- 1 roll of paper towels
- 1 bottle of antibacterial hand sanitizer (germ-x)
- 1 Wash Lids
- Crayola markers
- Brown Lane(s) of Crayola crayons
- Styrofoam cups
- Snacks
- Juice
- Exp. dry erase markers
- Small/large Ziploc bags
- Construction paper

First Grade Supply Lists

- 8 glue sticks
- 2 boxes of pencils
- 4 boxes of 24 crayons
- pair of blunt end scissors
- 1 pack of copypriinter paper
- 2 containers of Chlorox wipes
- 1 Clipboard
- 8 pocket folders
- 1 pair of blunt kind, Fiskars are good
- 1 Composition book (marble design, bound by tape, not wire)
- 1 package of 12 pencils
- 12 solid glue sticks (no liquid glue)
- 1 box of Kleenex (no pocket size)
- 1 roll of paper towels
- 1 package of white t-shirts (to fit your child for field trips)

Second Grade

- 3 packages wide rule paper
- 4 boxes of tissues
- 3 boxes of 24 count crayons
- 1 bottle of sanitizer
- 2 containers of antibacterial wipes
- 6 glue sticks
- 1 roll of paper towel
- 6 pocket folders (labeled please)
- 2 wireless marble-style journals (no spiral notebooks)
- 1 Traditional type of space pack (due to lack of space)
- 1 pencil box

Third Grade

- 3 composition notebooks-marble design cover only (no spiral notebooks)
- 8 pocket folders (any color)
- 3 packages of 150-count wide ruled notebook paper

Graph Paper (you will need this at the beginning of the year)

1 Large spiral bound notebook for Math

Seventh Grade

- Hand Sanitizer
- 3 boxes of Kleenex
- 3 rolls of paper towels
- Highlighters
- Lab fee for Science- \$10.00 annually
- Notebook for each class (Science, Social Studies, Language Arts, Reading and Math)
- Small journal notebook for language arts
- Set of primary markers and/or colored pencils
- Pencil/lead pens
- \$3.00 to rent lock for locker (School policy states that all locks must be issued by the school. No student is allowed to use a lock that they purchased themselves)
- Graph Paper
- Ziplock bags (quart or gallon)

Eighth Grade

- 4 AAA batteries
- Paper
- Paper Assignment planner (may be purchased in the office for \$3.00)
- 3 boxes of tissue
- 3 rolls of paper towels
- 100 pack notecards
- Scientific calculator
- Graph paper
- Coloring pencils
- Highlighters
- Ziplock bags
- \$10.00 Science Lab Fees
- \$3.00 locker fee
- Notebook/folder for each class (Social Studies, Science, Math, Language Arts, English, and related arts)

Fifth Grade

- 5 packets of loose-leaf notebook paper
- 2 packs of graph paper
- 1 binder or 5-subject notebook
- 3 rolls of paper towels
- 3 boxes of Kleenex
- 1 pair of scissors
- 2 Elmer's glue sticks (Elmer's Brand Only)
- 1 pack color pencils (Bostwick or Crayola brands only)
- 2 dozen of Sanford #2 pencils (Sanford brand only)
- 1 marble cover composition notebook
- 2 Germ-X
- 2 Chlorox wipes

Sixth Grade

- 2 Boxes of Kleenex
- 2 rolls paper towels
- Paper
- Pencils (no mechanical pencils, please)
- Lab fee for Science- \$10.00 annually
- Spiral bound Marble Journal Notebook for Language Arts
- Coloring pencils, crayons, or markers
- Ruler
- 1 bottle of Hand sanitizer (Santal, please)
- 2 folders for each class (total of 7)



Make your next house a home. Come and let us help you choose your perfect home! 35 homes to choose from. Since 1962. DOYLE Mobile Homes, Inc. Featuring Clayton, Norris and Schult homes. Rt. 11 North & Maysville Road, Flemingsburg, KY. Weekdays 8 a.m. - 6 p.m.; Sat. 9 a.m. - 5 p.m.; closed Sunday. 606-845-8601 • 606-845-0301 • 606-845-0526 www.doylemobilehomes.com

MUST BE 55 YEARS OF AGE OR OLDER. Subsidies available based on income guidelines. Hearing impaired: 1-800-648-6056 TDD (859) 289-7172. NOW OPEN Mobile Home Parts and Furniture at DOYLE Mobile Homes, Inc. "All your needs for your mobile home!" Rt. 11 North & Maysville Road, Flemingsburg, KY. Weekdays 8 a.m. - 5 p.m.; Sat. 9 a.m. to 12 noon; Closed Sunday. 606-845-0761

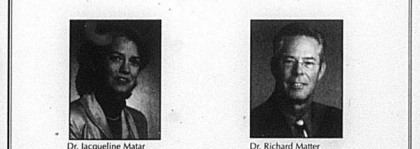
Get the ANSWERS you need about CANCER TREATMENT.

Is radiation therapy right for you? If so, what kind, how often and where? The answers to these questions are yours for the asking from two of the m&B experienced oncology physicians in the area.

Dr. Jacqueline Matar and Dr. Richard Matter are offering radiation treatment consultations on the 2nd and 4th Tuesday of every month at the St. Joseph Mount Sterling Clinic.

Located in Lexington just 35 miles from Mt Sterling, United Radiation Oncology offers two convenient centers with revolutionary new weapons to battle cancer, and patient centered, highly personal care.

Get the ANSWERS. Get the OPTIONS. Call 859-277-3737 to schedule your consultation.



Dr. Jacqueline Matar

United Radiation Oncology starts with you. 701 Bob-O-Link Drive, Suite 120 859-277-3737 Lexington, KY 40502